



USDA Foods Fact Sheets for Schools and Nutrition Institutions

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(last updated, 01-11-12)

100307 – BEANS, GREEN, LOW-SODIUM, CANNED, #10

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better canned green beans, whole, cut or sliced lengthwise (French style). This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 101 oz green beans and juice.Green Beans: One #10 can AP cut yields about 11½ cups heated, drained cut green beans and provides about 45.3 ¼-cup servings heated, drained cut green beans OR about 60 oz (12 ⅞ cups) drained, unheated cut green beans and provides about 51.1 ¼-cup servings drained, unheated vegetable.Whole Green Beans: One #10 can AP yields about 9⅞ cups heated, drained whole green beans and provides about 39.5 ¼-cup servings heated, drained, whole green beans OR about 58.0 oz (13 cups) drained, unheated whole green beans and provides about 52.2 ¼-cup servings drained, unheated vegetable.French-style Green Beans: One #10 can AP yields about 9⅞ cups heated, drained French green beans and provides about 36.5 ¼-cup servings heated, drained, French green beans OR about 59 oz (12 cups) drained, unheated French green beans and provides about 48.0 ¼-cup servings drained, unheated vegetable.CN Crediting: ¼ cup heated, drained green beans (cut, whole, or French) OR ¼ cup drained, unheated green beans (cut, whole, or French) provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned green beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to temperature extremes.

Nutrition Information

Beans, green, canned, drained solids

	¼ cup (34 g)	½ cup (68 g)
Calories	7	14
Protein	0.43 g	0.86 g
Carbohydrate	1.45 g	2.89 g
Dietary Fiber	0.9 g	1.7 g
Sugars	0.45 g	0.89 g
Total Fat	0.13 g	0.025 g
Saturated Fat	0.02 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.30 mg	0.60 mg
Calcium	13 mg	26 mg
Sodium	70 mg	140 mg
Magnesium	4 mg	9 mg
Potassium	36 mg	72 mg
Vitamin A	120 IU	240 IU
Vitamin A	6 RAE	12 RAE
Vitamin C	.9 mg	3.2 mg
Vitamin E	0.01 mg	0.02 mg



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STORAGE (cont'd)	<ul style="list-style-type: none">• Store opened canned green beans covered and labeled in a dated nonmetallic container under refrigeration.• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• STOCK POT or STEAM-JACKETED KETTLE: Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stock pot or steam jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.• STEAMER: Pour green beans and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.• Canned vegetables should be heated only to serving temperature and be served soon after heating. Canned green beans will become overcooked when held too long on a hot steamtable or in a holding cabinet.
USES AND TIPS	<ul style="list-style-type: none">• Add flavor to canned green beans by using herbs and spices. Season green beans with caraway, dill, or sage.• Serve canned green beans heated or use in a variety of main dishes, soups and salads. Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, broccoli, or onions.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE foods from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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